



METROGAINE 2024

“The Lennox – a bridge too far.”

Sunday 24th March 2024, 10:00 am to 4:00 pm

Final Instructions

Location

The Hash House (HH, the start and finish) is at **Blaxland East Public School, 53-85 Old Bathurst Road, East Blaxland.**

(Note: **NOT** Blaxland Public School).

Entry is off Old Bathurst Road. The closest railway station is Blaxland (1.4km away).

There is **no parking on the school property** – please park on the surrounding streets. Carpooling is recommended.

The school has a very large, covered area (larger than a basketball court) with some seats but please bring a table and chairs. There is also a grassed area where you can sit. Toilets are located at the school.

East Blaxland shops, 200m from the school, has coffee at Euphoric Coffee (8am-12pm) and food at Country Style Bakery (6am-5pm). There are coffee shops and bakeries nearby at Glenbrook and Blaxland.

Event Timetable

Registration opens:	8:00 am
Novice briefing:	9:00 am
General briefing:	9:45 am
Event start time:	10:00 am
HH open for food & drinks:	3:00 pm
Event finish time:	4:00 pm
Results and presentations:	4:30 pm

New to rogaining?

[Read additional info on our sport here.](#)

What to bring

To the registration desk

- Completed indemnity form **signed by all team members** (see end of document)
- Team number ([available here](#))
- Any outstanding payments

Pre-event

- Highlighters and pens to mark your map during route planning
- Rug and/or table & chairs

During event

- Water bottle and pack - recommend at least 1.5 litres per person be carried
- A compass, watch, pencil and whistle
- First aid kit, including an emergency blanket and 2 crepe bandages/snake bandages (minimum 1 kit per team).
- Mobile phone for emergency calls
- Snacks (there are also cafes on the map)
- Suitable clothing for forecast weather, including a hat and sunscreen.
- Comfortable footwear for a mix of streets, fire trail and walking tracks.
- Gaiters or long pants/socks are not necessary but there are some overgrown tracks where these might be useful.
- Electrolyte (e.g. Gatorade).

Reminder that mobile phones & GPS watches or devices cannot be used to assist with navigation during the event.

Post-event

- Plate, cup and cutlery for a light meal at the Hash House from 3:00 pm onwards – thanks to 1st Hazelbrook Scout Group.
- Rug and/or table/chairs.
- A towel and a change of clothes.

On the day you will receive

- A map – SRA3 size, 1:20,000, 10m contours, waterproof paper. North-South grid lines are 1 km apart and set to magnetic north.
- Control descriptions – on the map.
- Course setters' notes – on the map.
- A route intention sheet for you to draw your proposed route on – you must **hand this in before the start**.
- A Navlight wrist tag (sensor) to record visits at each control visited.
- A light meal after the event.

Navlight Electronic Recorder

- Your NavLight Tag is to be attached to your wrist (one per teammate).
- Controls (checkpoints) are indicated by orange/white flags and have an electronic Navlight Control Punch attached.
- ALL Team members must “punch” their Tag at every control visited with the electronic punch, to collect those points.
- The Punch flashes red when placed on your wrist tag for 2 seconds:
 - the flashing red light may be hard to see
 - there is no beep sound
- If the Punch is missing or the light is not flashing, record your presence with a photo and/or note the surroundings or markings on the punch. When you finish, report the problem to officials to have your score adjusted.
- You must ensure that you punch your tag at the finish which will then be cut off your wrist and processed to record your score.

Rules

- [Read the Rules of Rogaining here](#).
- Only travel on foot - no cars, bikes, boats, planes, taxis, buses, trains, trams, etc.
- No use of GPS devices to aid navigation.
- Do not enter out of bounds areas marked on the map, private property, or other restricted areas.
- You must stick to tracks shown on the map in bush areas.
- Teams finishing after 4pm will have 10 points deducted from their total for every minute (or part thereof) they return late.
- If your team returns after 4:30pm you will be marked as late and lose all your points!

Course Conditions

- The course is mostly street paths, fire trails and defined bush tracks.
- There is a lot of variety in the walking tracks across the course – most are well defined, but others may be overgrown (we've had a lot of rain lately).
- Public toilets are marked where we expect them to be open during the event. Most toilets have taps and there are bubblers in many parks, also marked on the map.
- There are many shops on the course, in particular at East Blaxland, Glenbrook, Mount Riverview and Emu Plains.
- There are numerous unmarked mountain bike and other minor tracks in the parks and reserves.

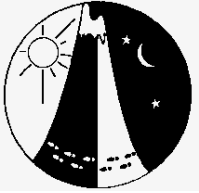
Safety

- Take extreme care when crossing roads - some are very busy. Use footpaths, traffic lights and pedestrian crossings wherever possible.
- Only cross the Great Western Highway (GWH) or railway line at marked crossings. Plan your course not to travel along the GWH except using marked parallel paths or roads.
- Take care on bush tracks, stream crossings and rocky areas, especially if it rains. Under normal weather conditions your feet will not get wet when walking along tracks adjacent to or crossing creeks.
- There are no safety patrols.
- If you need assistance call one of the Event Emergency Phone Numbers that are written on the map that you will receive on the day. (In the case of an urgent, life-threatening emergency, call 000 or 112 from a GSM mobile phone.)
- If you withdraw, return to the Hash House. If you cannot make it back, please call one of the Event Emergency Phone Numbers. Otherwise, a search party may be sent out needlessly.

Additional queries

If you have a question, please contact the team via admin@nswrogaining.org.

The [event details are available on the event page here](#).



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : 2024 6hr Metrogaine

Team No.:

Car Rego.:

We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The NSW Rogaining Association (NSWRA) requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk. The NSWRA does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

a) The participant agrees to discharge and release the NSWRA, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.

b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the NSWRA, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name (Please print clearly)

Participant Signature

Date

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing, please photocopy & submit separate forms.

Name(s) of junior participant(s):

I acknowledge the risks of rogaining as described above and agree to indemnify the NSWRA for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name (Please print clearly)

Signature

Date

NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry, you will be unable to participate.

Version: Sep. 2008